

PARENT COACHING

Parent Coaching Vision

To create a resource guide to help you enjoy your parenting journey and to help build a thriving family, an engaging community, and a more peaceful world.

Parent Coaching Mission

Our mission is to provide individualized assessments and tools to reduce family stress, improve confidence in your parenting decisions, and most importantly make parenting more enjoyable.

Parenting can feel isolating at times. With personalized parenting coaching, we can provide a sense of community and trusting guidance that can help you feel less alone in your parenting journey.



* Additional coach meeting packages (Meeting packages are paid prior to service) *
1 meeting value is \$125 – multiple session packets are valued at a better price!

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COACH INTRODUCTION



Debbie Doss

Director/ Lead Teacher / Coach

Are your child's challenging behaviors (e.g. hitting, screaming, biting, tantrums, sibling fights, etc...) causing you to feel lost and alone? Do you wish you had someone to gently guide you through these difficult situations?

If so, Debbie is willing to help. She will work collaboratively with you to build a guided roadmap to help you and your family find the peace and harmony they deserve.

As the founder of a thriving Montessori School in Northern California, Debbie is a dedicated provider of quality early childhood education. With over 20 years of expertise working with children and their families, she has an insatiable curiosity for discovering new research-based methods that improve the lives of children and their families.

Parents who choose Debbie as their coach are more confident in their parenting choices, experience less stress and frustration, and have learned new tools that have increased the joy they experience throughout their parenting journey.

ENRICH.



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“I am so glad you are here to listen and give me ideas to help me bring harmony to my family.”
– Parent/Client Statement

Prepare/Enrich are widely researched assessment and feedback tools that help parents foster and strengthen quality interactions and family relationships.

As a certified facilitator, my knowledge, child development expertise and over twenty years of experience working with children and parents provides a unique opportunity for families to thrive.

The Prepare/Enrich Parenting Tools provide a comprehensive snapshot of your family’s current level of functioning and highlights areas such as:

- The top ten parenting stressors
- Handling challenging behaviors in children
- Your confidence in parenting
- Your parenting style for each individual child in the family
- Your communication satisfaction with each individual child in the family
- Your relationship satisfaction with each individual child in the family

WHO CAN BENEFIT?

PREPARE  ENRICH



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- **Expecting Parents.** Am I going to be ready? Will I be able to have time for myself when the baby arrives? How will being a parent change my relationships?
- **Exhausted Parents.** Will parenting ever be enjoyable? Will I ever have a break? Am I doing this right? Is there anyone who can help me? Who can I trust?
- **New Parents.** Am I doing it right? How will I know what is best for my baby? How will I know if my child is developing on time?
- **New Sibling.** How should we introduce and prepare for the new sibling?

LET'S TALK – PARENT/COACH ONE ON ONE

First/Initial Meeting Time: One Hour

- Initial meeting–Talk with parents in person or online to get to know each other. Complete strength and growth areas activity. Talk about the assessment. Send assessment by email for parents to complete online.

Second Meeting: One Hour

- Meet in person or online. Discuss the assessment results. Provide parents a personal stress profile to complete. Discuss parenting goals. Provide parents with a Prepare Enrich Workbook to look over when determining goals. Discuss goals parents would like to focus on that are not covered in the workbook.

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Third/Final Meeting: One Hour

- Met in person or online. Discuss goals and whether goals were achieved.
Celebrate goals achieved. Discuss further needs and create an action plan.

PARENT COACHING PRICE PACKAGES \$

1 meeting package, \$125.00
2 meeting package, \$200.00
3 meeting package, \$325.00
4 meeting package, \$450.00

PARENT/COACH ONE ON ONE CONT.

Initial 1 Hour meeting – Coach Notes / Assessment

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Parent Concerns / Goals / Questions

PARENTING ASSESSMENT

Parenting does not come with a manual; however, parents are expected to know how to parent. Many times, parents experience frustration and fatigue when parenting because parenting is experienced through trial and error. Learning how to parent through trial and error can cause fatigue for any parent. The parenting assessment through Prepare and Enrich can take a snapshot of the family's:

- Strengths
- Growth Areas
- Couple Communication
- Couple Conflict areas
- Partner Style & Habits
- Financial Management Views
- Relationship Dynamics
- Personality Scale for each parent

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6-WEEK ONE ON ONE COA

DISCLAIMER

I understand that the coaching services I will be receiving from my Coach are not offered as a substitute for professional mental health care or medical care and are not intended to diagnose, treat or cure any mental health or medical conditions. I also understand that my Coach is not acting as a mental health counsellor or a medical professional.

For legal purposes, I understand that coaching is currently an unregulated industry and that my Coach is not “licensed “ by any USA body even though the sessions may take place in the USA.

I understand and agree that I am fully responsible for my well-being during my coaching sessions, and subsequently, including my choices and decisions.

I understand that coaching is not a substitute for counselling, psychotherapy, psychoanalysis, mental health care or substance abuse treatment, and I will not use it in place of any form of therapy.

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I understand that all comments and ideas offered by my Coach are solely for the purpose of aiding me in achieving the defined goals I create with my Coach. I have the ability to give my informed consent, and hereby give such consent to my coach to assist me in achieving such goals and understand that results are not guaranteed.

I understand that to the extent our work together involves career or business, my Coach is not promising outcomes included but not limited to increased clientele, profitability and or business success.

I understand that my Coach will protect my information as confidential unless I state otherwise in writing. If I report child, elder abuse or neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, he will do so to the extent the law requires.

I understand that the use of technology is not always secure and I accept the risks of confidentiality in the use of email, text, phone, Skype, Zoom and other technology.

I hereby release, waive, acquit and forever discharge my Coach, any agents, successors, assigns, personal representatives, executors, heirs and employees from every claim, suit action, demand or right to compensation for damages I may claim to have or that I may have arising out of acts or omissions by myself or by my Coach as a result of the advice given by my Coach or otherwise resulting from the coaching relationship contemplated by this agreement.

I further declare and represent that no promise, inducement or agreement not expressed in this agreement has been made to me to sign this agreement. This agreement shall bind my heirs, executors, personal representatives, successors, assigns, and agents.

I understand that my Coach will protect my information as required under the General Data Protection Regulation (GDPR). If I report abuse, neglect or threaten to harm myself or someone else, I understand that necessary actions will be taken and my confidentiality agreement limited in this capacity. Furthermore, if my Coach is ordered by a court to provide information or to testify, he will do so to the extent the law requires.

Parent Signature

Debbie Doss

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